

Group Fitness Schedule

SCHEDULE EFFECTIVE SEPTEMBER 25, 2023

Please Note! All group fitness classes listed below must be reserved in advance. Instructions and other details are located here: bodyzonesports.com/groupfitness

NEW at BZ!

REP  ROOM

Body Zone's New Group Workout Studio
RUN. ROW. LIFT. CYCLE. SWEAT. REPEAT!

\$5 MEMBERS | \$15 NON-MEMBERS

Buy/book classes on the portal or app.

LEARN MORE:

bodyzonesports.com/reproom

KEY:

1 = Studio 1 • B = Blue Studio
C = Court • MB = Mind Body Studio

MONDAY

TIME	CLASS	KEY	INSTRUCTOR
8:30-9:15 AM	BODYPUMP 45	1	Amy
9:00-9:30 am	Beginner Strength & Cardio	MB	Melissa
9:30-10:25 AM	Zumba	B	Chrystine
9:30-10:30 AM	BODYSTEP	1	Patty
10:00-11:00 AM	Vinyasa Flow Yoga	MB	Uma
10:45-11:15 AM	LES MILLS CORE	1	Patty
12:00-12:45 PM	SPRINT + Cross	B	Sarah
4:30-5:15 PM	BODYPUMP 45	1	Ginnie/Denise
4:30-5:15 PM	Cycle + Cross	B	Jen
5:30-6:15 PM	Athletic Barre	1	Tammy

TUESDAY

TIME	CLASS	KEY	INSTRUCTOR
6:30-7:00 AM	Row Cross 30	B	Connor
8:30-9:30 AM	Step Works	1	Michele
8:45-9:30 AM	Cycle 45	B	Amy
9:45-10:15 AM	Pilates Xpress	NEW! MB	Nina/Sue
9:45-10:15 AM	SPRINT	B	Sarah
9:45-10:45 AM	BODYPUMP	1	Patty
11:00 AM-12:00 PM	BODYBALANCE	1	LuAnn
12:15-1:00 PM	Strength & Abs	1	Allyson
4:30-5:15 PM	SPRINT + Cross	B	Ashleigh
4:45-5:45 PM	Step Works	1	Michele/Kelly
5:30-6:30 PM	Yoga Groove	MB	Julie
6:00-7:00 PM	Zumba	1	Jennifer/Alison

WEDNESDAY

TIME	CLASS	KEY	INSTRUCTOR
6:30-7:15 AM	Yoga for Health	MB	Lauren
8:15-8:45 AM	Row Cross 30	B	Sue
8:30-9:15 AM	BODYPUMP 45	1	Patty
9:00-10:00 AM	Power Yoga	MB	Lauren R.
9:30-10:30 AM	Step and Strength Intervals	1	Michele
9:30-10:30 AM	Zumba	B	Nina
10:45-11:30 AM	BODYBALANCE 45	1	Nina
12:00-12:45 PM	Cycle 45	B	Carol
4:45-5:15 PM	LES MILLS CORE	1	Ginnie
5:00-5:30 PM	SPRINT	B	Jen
5:15-6:00 PM	BODYCOMBAT 45	1	Ginnie
6:00-7:00 PM	Yoga Stretch and Reset	MB	Lacey

THURSDAY

TIME	CLASS	KEY	INSTRUCTOR
6:30-7:00 AM	Row Cross 30	B	Connor
8:30-9:15 AM	BZ Boot Camp	1	Melissa
8:30-9:30 AM	Vinyasa Flow Yoga	MB	Lauren R.
9:45-10:45 AM	BODYPUMP	1	LuAnn
12:00-12:45 PM	BODYPUMP 45	1	Lauren M.
4:30-5:15 PM	Total Body Fit	B	Ashleigh
4:45-5:30 PM	BODYSTEP 45	1	Tammy
5:35-6:20 PM	BODYPUMP 45	1	Michele

FRIDAY

TIME	CLASS	KEY	INSTRUCTOR
8:30-9:15 AM	Cycle 45	B	Carol
8:30-9:30 AM	BODYPUMP	1	Amy
9:30-10:30 AM	Power Yoga	MB	Michelle
9:45-10:30 AM	BODYCOMBAT 45	1	Chrystine/Melissa
10:45-11:45 AM	BODYBALANCE	1	Val
12:00-12:30 PM	SPRINT	B	Nina
5:00-5:45 PM	Timed Circuits	1	Tammy

SATURDAY

TIME	CLASS	KEY	INSTRUCTOR
8:00-9:00 AM	BODYPUMP	1	Michele/LuAnn
8:00-8:30 AM	SPRINT	B	Sarah/Nina
9:00-10:00 AM	Advanced Circuit Training	B	Connor
9:15-10:15 AM	Step Works	1	Michele/LuAnn
10:15-11:00 AM	Box Cross	B	Dan/Linette
10:30-11:30 AM	BODYBALANCE/Power Yoga (alternating formats)	MB	Rotating Team

SUNDAY

TIME	CLASS	KEY	INSTRUCTOR
8:00-9:00 AM	Step and Tone	1	Michele/LuAnn/Alison
8:30-9:15 AM	Cycle 45	B	Laura
9:15-10:00 AM	BODYATTACK	1	Jen
9:30-10:30 AM	Vinyasa Flow Yoga	MB	Julie
10:15-11:00 AM	BODYCOMBAT 45	1	Ginnie
11:15 AM-12:15 PM	BODYBALANCE	1	Ginnie



What is LES MILLS? LES MILLS is an international group fitness program that fuses science, movement and music with the latest exercise trends and technology.

For information about this schedule, please contact:

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bodyzonesports.com/groupfitness

Class Descriptions

Advanced Circuit Training: Come ready to sweat and be ready for a challenge! This class will be a series of intense timed circuits to increase your strength and cardio endurance. If you're looking to improve your fitness level, this class is for you!

Athletic Barre: Athletic Barre is a total body and athletic workout using lots of fitness props like balls, tubing and light weights. Expect high repetitions of small effective movements and isometric holds within many positions. Bare feet recommended but not required. Please bring your own mat.

BZ Boot Camp: Push your training to the next level with this high intensity cardio and muscle conditioning workout. Workouts will vary every class and will target all your major muscle groups!

Beginner Strength and Cardio: If you are new to group fitness, this class is for you! A certified personal trainer will take you through a 30 minute interval style class, introducing you to strength and cardio exercises with lots of modifications for all levels of fitness.

BODYBALANCE™: A new generation yoga class that will improve your mind, your body and your life. You can expect to bend and stretch through a series of simple yoga moves, elements of Tai Chi and Pilates while an inspiring soundtrack plays in the background. Breathing control is a part of all the exercises, and instructors will always provide options for those just getting started.

BODYCOMBAT™: This class combines kicks, jabs and strikes from a range of self-defense disciplines like karate, boxing and Tae Kwon Do into powerful and energetic routine.

BODYPUMP™: Get ready for a weight training workout that uses barbells with adjustable weights. This format is ideal for the beginner through the experienced exerciser as you are in charge of how much weight you put on the bar.

BODYSTEP™: This energizing step workout uses a height-adjustable step and simple movements on, over and around the step. Cardio blocks push fat burning systems into high gear followed by muscle conditioning tracks that shape and tone your body.

Box Cross: Increase your stamina and cross train in this 45 minute, all encompassed boxing class. Starting off the class, you will be doing functional and fun movements and lifting weights. The last 25 minutes of class will be boxing on the bags and getting a straight up cardio workout! * Boxing gloves required for this class.

Cycle 45: This 45-minute freestyle class is instructor's choice of music and motivation. Each class normally combines climbs and free spins to make the ride a super calorie burner and extreme cardio workout. New to a cycle class? Ask your instructor for help with bike set up, proper alignment and other tips.

Cycle 30: Our quick 30-minute version of Cycle for those who need a shorter workout.

Cycle + Cross: A perfect mix of high intensity cycling and strength combined. Participants will start off with cycle and move into strength training off the bike at a fast pace to help keep your heart rate up. All levels of fitness are welcome.

LES MILLS CORE™: A challenging but achievable core workout for all levels of fitness. You will be guided through correct technique as you work with resistance tubes and weight plates, as well as bodyweight exercises like crunches, and hovers. There are some hip, glute and lower back exercises as well. 30 minutes or 45 minute classes.

Pilates Xpress: 30 minutes of a total body, low impact mat Pilates workout. Focus on improving posture, flexibility and mobility, along with working with light weights and other fitness equipment.

Power Yoga: This class will stimulate your body and mind while improving flexibility and overall strength. Power Yoga's powerful moves will build your heart rate and teach you to move with your breath as you rinse and detoxify your organs. Beginners and intermediate levels will be guided on how to modify or intensify poses. Yoga experience is recommended.

Row Cross 30: 30 minutes of rowing and strength training equals great results! Let your coach lead you through a high energy workout on and off the our rowing machines. MYZONE heart rate monitors will be of focus as we take your fitness to the next level! MYZONE heart rate monitors recommended but not required.



SPRINT™: This Les Mills cycling class is a 30-minute High Intensity Interval Training (HIIT) workout, using an indoor bike to achieve fast results. You'll combine bursts of intensity, where you work as hard as possible, with periods of rest that prepare you for the next effort.

SPRINT™ + Cross: Les Mills SPRINT™ class + 15 minutes of core or strength training focus off the bike to finish up the class. It is recommended to bring your own mat.

Step Works: This is a fun class! You'll use an adjustable step for 60 minutes of continuous cardio and superb choreography by our amazing step team.

Step and Strength Intervals: Get ready for a fun yet hard workout mixed with step and cardio intervals. Expect a full-body workout with the addition of strength training intermingled to the step choreography.

Step & Tone: Enjoy our Step Works class with a boost of weight training and core to finish off your workout!

Strength & Abs: This class focuses on strength training using all types of fitness props like resistance balls, BOSU Balls, dumbbells, bands and more. Expect lots of core and ab work for a total body workout.

Timed Circuits: This class provides a wide variety of full-body exercises that are short-timed bouts of work focused on building strength, cardio and core.

Total Body Fit: Anything goes in this fun, intense class. You will be pushed in circuits or as many rounds as possible to get a total body strength and cardio workout. This class is for anyone wanting to work hard and modifications will be shown.

Vinyasa Flow Yoga: This is a moderately paced class with emphasis on good alignment and conscious movement with the breath. Build strength and muscular endurance in addition to flexibility, balance and focus. Prior experience with yoga recommended.

Yoga for Health: 45 minutes of injury prevention yoga fusion aimed at strengthening the front and back of your body. Class objectives include spinal health, core engagement and hip flexibility and mobility. Part of the practice will be using a stretching strap to work on full body flexibility with a focus on the legs & shoulders. Primarily on back and belly, but kneeling and quadruped (all fours) position will also be a part of class. *A yoga blanket or beach towel for class is strongly encouraged. No yoga experience required.

Yoga Groove: This class has a music vibe within a Vinyasa Flow style yoga. With every class, at every level of experience, you'll strive to reach and progressively sharpen your edge. No matter what you're into athletically, weightlifting, golf, soccer, or swimming; yoga will help you improve your game. No matter what you do professionally, regardless of how mentally or physically taxing; yoga will help you clarify, relax, focus, and concentrate. You will discover strength and energy you never knew existed. You do not need any prior yoga knowledge to attend this class.

Yoga Stretch and Reset: This yoga class focuses on stretching and restoring overworked and tight muscles. Yoga Stretch and Reset can be helpful to those who lift weights on a regular basis and need the balance of strength in their bodies or anyone just wanting to "reset" their mind and body.

Zumba®: This is a Latin-inspired, dance-fitness class that incorporates inter-national music and dance movements, creating a dynamic exhilarating, and effective fitness system. This class combines fast and slow rhythms that tone and sculpt the body using an aerobics/fitness approach.

Zumba Toning®: Body-sculpting exercises and high-energy cardio work infused with Zumba moves are all part of this new calorie-torcing and strength-training fitness party.

bodyzonesports.com/groupfitness

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Sports and Wellness Complex